



Flipping for BOSS

See page 10



Oktoberfest ready

See page 2

INDEX

Events	• Page 3
Viewpoint	• Page 5
Sports	• Page 8
Chaplain	• Page 12

The Signal



Friday, October 17, 2008

Published for the Department of Defense and the Fort Gordon community

Vol. 29, No. 42

News UPDATE



Free seminars

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The second lecture, "The Healthy Back," will educate attendees regarding basic mechanics and will provide habits and exercises helpful in preventing back pain. Physical therapists Jeremy Hutton and Ashley Fox will be the presenters. The lecture will be held from 7:30 to 8:30 a.m. **Oct. 21.** All programs will be given in the first floor auditorium of DDEAMC. Service members, their Family members, retirees and Department of Army civilians are welcome.

For more information contact Capt. Eric Nelson at (706) 878-0184.

Remembrance Day

The Augusta Chapter of the Military Order of the World Wars is hosting the "Massing of the Colors and Remembrance Day" celebration at 3 p.m. **Nov. 16** in Alexander Hall.

The ceremony honors the American flag and those living and dead who have struggled to preserve it. All veterans, Junior Reserve Officers' Training Corps cadets, Army Senior Reserve Officer Program members and members of other patriotic organizations in the Central Savannah River Area are welcome.

For more information contact retired Lt. Col. Charles Schuman, MOWW project officer, at (706) 294-0677 or by email at schumancl@aol.com.

Soldier receives three Purple Heart Medals

Charmain Z. Brackett
Correspondent

One Soldier, three honors.
"We're recognizing a

Soldier for his actions – actions plural," said Brig. Gen. Donald Bradshaw, commander of the Dwight D. Eisenhower Army Medical Center and Southeast Regional Medical Command,

Tuesday at the hospital auditorium. "He's receiving three Purple Hearts."

Staff Sgt. Craig Showers, of the 61st Cavalry, 101st Airborne from Fort Campbell, Ky., received the awards after three separate incidents in late May. He arrived in the Middle East in March.

Twice on May 22, Showers was in a convoy in a tank which hit improvised explosive devices resulting in wounds to various parts of his body. Then on May 31 in Afghanistan, his tank rolled onto a tank mine shattering his ankle.

"He's doing well because of our partnership" with the active duty rehabilitation unit at the Charlie Norwood VA Medical Center, Bradshaw said.

Showers had few words during the ceremony.

"I didn't want to receive any of these, but it happens," he said.

Several from his unit at Fort Campbell attended the ceremony to show their support.

Established by Gen. George Washington during the Revolutionary War, the Purple Heart is the oldest medal in the Army and the first given to enlisted Soldiers.



Photo by Charmain Z. Brackett

Brig. Gen. Donald Bradshaw, Southeast Regional Medical Command and Dwight D. Eisenhower Army Medical Center commanding general pins the Purple Heart on Staff Sgt. Craig Showers during a ceremony at DDEAMC, Oct. 7.

New Signal unit coming

Marla Jones

Deputy Public Affairs Officer

The U.S. Army has approved activation of a continental U.S.-based theater signal command, to be headquartered at Fort Gordon.

The 7th Signal Command (Theater) will have its headquarters element at Fort Gordon, and will have signal brigades stationed on the east and west coasts. The ribbon-cutting for the Fort Gordon Headquarters in Building 21715, will be 10:30 a.m. Oct. 23.

The formal activation ceremony will be held in February 2009.

Brig. Gen. Jennifer Napper, 7th Sig. Cmd. (Theater) commander will be the third general officer commander at Fort Gordon. Currently, the commanders of the U.S. Army Signal Center and the Dwight D. Eisenhower Army Medical Center are one-star generals.

Napper comes to Fort Gordon from the Defense Information Systems Agency in the Pentagon, where she served as deputy director of Joint Task Force-Global Network Operations, directing the operation and defense of the Global Information Grid.

The 93rd Signal Brigade, which was activated at Fort Gordon in 1998 and inactivated in 2007, will be activated again at Fort Eustis, Va.

The second signal brigade to be activated as part of the 7th Signal Command is the 106th Signal Brigade, to be located at Fort Sam Houston, Texas.

The two brigades will be activated in phases, with a planned full operational capability by 2010.

By 2010, the 7th Signal Command Headquarters at Fort Gordon will have a full staff of 171 civilians and 68 military. The employees will be computer network defense, personnel, supply and other specialties.

The mission of the 7th is to operate and defend the Continental U.S. portion of the Army's global computer network, called LandWarNet.

The command will assure total global network access for all Signal Soldiers from the combat units deployed around the world and those on desktop computers to the White House Communications Agency.



Brig. Gen. Jennifer Napper, commanding general, 7th Signal Command (Theater)

Command fully supports drug free activities

Red Ribbon Week campaign set

Michael Reed

Employee Assistance Program Coordinator

Red Ribbon Week is a way for the community to take a visible stand against drugs and to show a personal commitment to a drug-free lifestyle through the symbol of the red ribbon.

This year the Department of Defense theme for Red Ribbon Week is: "Ask me, See me, Be me—Heroes Remain Drug Free."

Illegal drugs do a great deal of harm to people's bodies, minds, and the communities. There is also a negative impact caused by drugs on children and Families. It is important to recognize that drugs are a serious issue in this country. Everyone, especially children must be educated about the dangers of substance abuse.

Research shows that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to substance use and abuse.

The first Red Ribbon celebration was organized in 1986 by a grassroots organization of parents concerned about the destruction caused by alcohol and drug abuse. The Red Ribbon was adopted as a symbol of the movement in honor of Enrique "Kiki" Camarena, an agent with the U.S. Drug Enforcement Administration who was kidnapped and killed while investigating drug traffickers. The campaign has reached millions of children and has been recognized by the U.S. Congress.

The financial impact on Georgia's government from substance abuse related costs and services are significant.

In 1998, the most recent year for which this data is available, Georgia spent over \$1.5 billion on substance abuse related costs and services across program areas including justice, education, health, child-Family assistance, mental health developmental disabilities, public safety, and the state workforce. This figure amounted to nearly 10 percent of the total expenditures for the state.

Red Ribbon Week is an opportunity to be visible and vocal in the desire for a drug-free community. Everyone is encouraged to join in honoring Camarena's memory and show support by wearing the red ribbon badges.



National Drug-Free Work Week observance October 20-26

Drug-Free Work Week is a national awareness campaign promoting drug-free workplaces. The Federal Government is a model employer in addressing drug and alcohol abuse issues, with the Federal Drug-Free Workplace Program mandated by Executive Order 12564 (1986), as well as the additional supports available to employees, including Employee Assistance Programs, comprehensive health insurance, and generous leave programs.

During Drug-Free Work Week, we want you to know about your rights, responsibilities, and resources, so you can maintain a healthy, productive life at work and at home.

If you, a co-worker, or a Family

member needs help with a substance abuse issue, or other issues that are non-clinical in nature and can be dealt with by brief counseling, the Fort Gordon Employee Assistance Program can help.

The following resources are free of charge and available to all employees:

"The Fort Gordon Employee Assistance Program, a confidential counseling and referral resource: Website: www.gordon.army.mil/dhr/ALDrug/default.html. Phone: (706) 791-5797, located at Ft. Gordon ASAP, 202 7th Ave., Bldg. 38702.

"Fort Gordon Army Substance Abuse Program, Employee Assistance Program coordinator, contact information: (706) 791-5797, Michael.alvin.reed@us.army.mil.

Displays to provide information on the Fort Gordon Employee Assistance Program will be set up at the Post Exchange on Oct. 20 and the Commissary on Oct. 21.

For additional information about Drug-Free Work Week, visit the Substance Abuse and Mental Health Services Administration website at http://workplace.samhsa.gov/FedPgms/Fed_DFWP.aspx or the Department of Labor's Drug-Free Work Week information at www.dlgoworkingpartnerswelcome.html

Red Ribbon Week celebrations

- 9 a.m. - noon Oct. 27, Commissary
- 9 a.m. - noon Oct. 28, Army/Air Force Exchange Service
- 9 a.m. - noon Oct. 29, Dwight D. Eisenhower Army Medical Center
- 8:30 a.m. - 3:30 p.m. Oct. 30, Freedom Park School



Photos by Kayla Munro

Oktoberfest celebration on post this weekend

Fort Gordon's Oktoberfest celebration continues today at Barton Field and lasts until Oct. 19, with the annual Flea Market from 9 a.m. to 2 p.m. on Oct. 18. Activities and carnival rides will open at 4 p.m. today and provide the public with a chance to sample German food, music, dancing, wine and beer. Live musical entertainment will start at 7 p.m. Friday and Saturday. Sunday hours are 2 p.m. to 5 p.m. Activities are open to the public. Wristbands are \$10 with a military ID and \$15 for the general public. For information, call (706) 791-6779 or go to www.fortgordon.com.



Around Town

Cool weather means fairs, festivals

Charmain Z. Brackett
Correspondent

The fairs are in town. The Georgia-Carolina State Fair in Augusta begins today and run through Oct. 26 at the fairgrounds at 3rd and 4th streets and Hale Avenue. The fair features rides and games and nightly entertainment. There are numerous exhibits including patriotic quilts which will be given to veterans at the Georgia War Veterans Nursing Home after the fair, China painting, art, models and needlework. Admission is \$5, and unlimited rides are \$15. Visit www.georgiacarolinastatefair.com for daily admission specials and an events calendar. Also in Aiken, the Western Carolina State Fair began Oct. 16 and runs through Oct. 25 at the Aiken Jaycees Fairgrounds on Highway 1 in Aiken.

Special events include a Monster Truck Showdown on Oct. 20 and 21, a demolition derby on Oct. 22, 23 and 25, a petting zoo and pig races nightly. For more information, visit www.westerncarolinastatefair.com. Another outdoor event this weekend is the Boshears Skyfest. Attractions during the festival Saturday and Sunday include, the Firebirds Delta Team, Central Savannah River Area Mustang Car Show, Greg Connell Air Shows, Army Aviation Heritage Foundation and Paratainment Parachute Team. The skyfest will be held at Daniel Field at the intersection of Highland Avenue and Wrightsboro Road. For more information, visit www.boshears.com. Another outdoor event this weekend is history related. The annual Colonial Times: A Day to Remember in North Augusta will feature re-enactors from the 1700s at the Living History Park on West Spring Grove Avenue. Events include Native American storytelling, cannon fire and bayonet fighting. There are artisans who will demonstrate the arts of blacksmithing, gunsmithing, wordworking, silversmithing, spinning and quilting. Admission is free. For more information, visit www.colonialtimes.us.

Community Events

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For more information contact Capt. Eric Nelson at (706) 878-0184.

Church fundraiser

New Jerusalem Apostolic Holiness Ministries, Inc., is holding a church yard sale and fundraiser from 8 a.m. to 2 p.m. **Oct. 25** at the Liberty Park Community Center, located at 1040 Newmantown Road in Grovetown. Tables are available at \$10 each with no limit on the number tables set up. Table holders can begin set up at 7:30 a.m. Oct. 25. Payment for tables must be made at time of set up. There will be food and beverages available.

For more information call (706) 860-7691.

BOSS activities

Better Opportunities for Single Service Members organization is hosting a Halloween party for single service members at 8 p.m. **Oct. 31** at the BOSS Headquarters. Building, 28320, located on Lane Avenue near the post car wash. This is a costume party. BOSS meetings are held at 3:30 p.m. every Wednesday at the BOSS Headquarters. All single or unaccompanied service members are welcome.

For more information about these events contact Spc. Anna Singletary, BOSS president, at (706) 791-8181.

FEW Christmas auction

The Garden City Chapter of Federally Employed Women at Fort Gordon will meet at 11 a.m. Tuesday, **Dec. 9** in the Victoria Room of the Gordon Club for the annual FEW Christmas party and auction. Everyone is welcome; you don't have to be a member of FEW to attend. The proceeds from the auction help support Safe Homes of Augusta, [which are homes for abused women and children in the local area];

At the Movies

The Signal Theater is open Thursday-Sunday. Shows begin at 6:30 p.m. Admission is adults \$4, children \$2, under age 5 free. For information call (706) 791-3982.

Oct. 17 to Oct. 19
Friday - Babylon A.D. (PG-13)
Saturday - Babylon A.D. (PG-13)
Sunday - House Bunny (PG-13)

Note: Attendance at Fort Gordon's movie theater is strictly limited to authorized Post Exchange patrons.

Fort Gordon's Christmas House and the Fisher House. The auctioneer will be Steve Walpert, Fort Gordon's Dinner Theatre host. Bring your supervisors, co-workers, Family members, and friends. Clean out your closets and bring those "white elephants" so we can auction them off and make some money for these charities.

The luncheon is a pay-as-you-go buffet event at the Gordon Club. If you are unable to attend the event, but still want to donate something for the auction, bring your donations to Jeanne Stewart at the Religious Support Office, Building 29601, on Barnes Avenue on post. For more information call Jeanne Stewart at (706) 791-5653.

Airmen banquet

Nancy Colo'n Charles Dryden Greater Augusta Chapter Tuskegee Airmen, Inc., is hosting the Annual Tuskegee Airmen Banquet **Oct. 18** at the Gordon Club main ballroom. Social hour begins at 8 p.m.; banquet starts at 7 p.m. Cost is \$50 per person. Dress is semi-formal attire. Dr. Gerald Oliver is the guest speaker. The theme is "Challenging Our Youth to Soar."

For more information or to purchase tickets contact retired Sgt. Maj. Ulysses Mays at (706) 955-9534, Dianne Gilyard at (706) 738-5584 or Lumus Vick at (803) 270-1059.

Remembrance Day

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For more information contact retired Lt. Col. Charles Schuman, MOWW project officer, at (706) 294-0677 or by email at schumancl@aol.com.

Fun Ride

Registration for the Toys for Tots Fun Ride will be held 8 a.m. **Nov. 15** at Augusta Harley Davidson, located at 4200 Belair Frontage Road in Augusta. The local Marine Corps Reserve unit will conduct a flag raising ceremony prior to the ride

which begins at 10 a.m. The 160 mile ride will go to Lake Russell Dam and back to Dino's Restaurant on Washington Road. All riders will be required to sign a waiver to join the fun ride. Entry fee is a new unwrapped toy or \$10 per person. The ride is open to all bikes. Patches will be distributed to the first 200 who sign up. The event is being sponsored by Paul Brewer, Augusta Harley Owners Group Chapter 2371, Augusta Harley Davidson and Augusta Marine Riders.

For more information call Paul Brewer at (706) 854-1036 or (706) 308-6667 or send e-mail to Brewer at usmc1008@bellsouth.net.

Sponsors, donations needed

The American Legion Riders Post 178 Augusta, Ga., is seeking sponsors for the Fort Gordon Army Fisher House. The Fisher House supports America's Wounded Warriors and their Families by providing a home-away-from-home while the Wounded Warrior is receiving medical treatment in Augusta. Without Fisher House, the Families of Wounded Warriors may not be able to be with their love one during the critical time of need due to financial hardships. Fisher House is rated A+ by charity event watch groups and 100 percent of donations go to Fisher House. It's dependent on public funds for operations.

All donations are happily accepted. Sponsorship and donation information is available on our website: www.roaringthunder2008.com or by e-mailing 1bubblehead@comcast.net. Come join us **Nov. 1** at the Dwight D. Eisenhower Army Medical Center for our Fisher House celebration and patriotic salute to Fort Gordon Troops and Families.

Single adult dances

The Christian Social Organization for Single Adults sponsors dances every Saturday night from 7 -11 p.m. at the Ballroom Dance Center, located at 525 Grand Slam Drive in Evans, Ga. Cost for members is \$6; nonmembers \$8. Admission includes dance lessons from 7 - 8 p.m. and refreshments.

For more information call Theresa Thigpen at (706) 863-9262 or visit their websites at christlanddances.org.

Swap and Assist Shop

Fort Gordon's Swap and Assist Shop, Building 39101, offers free shopping for Families E-1 to E-4. Military ranks E-5 and above, as well as their Families are asked to bring merchandise of equal

value to swap. The shop, which is located in the Brems Barracks area at the Avenue of the States and 40th Street (behind the PX and across from the Thrift Shop), is open 10 a.m. to 2 p.m. Thursday.

Donations needed include: baby items such as cribs and clothing, small appliances, linens, dishes, pots and pans, furniture and other household decorative items. The shop is operated by Army Community Service volunteers.

For more information or to volunteer call Ruth Chandler, manager and founder, at (706) 791-3579.

Post library events

Woodworth Consolidated Library, Building 33500, located at 549 Rice Road, is hosting its 5th Annual Pumpkin Carving and Lighting from 6 to 7:30 p.m. **Oct. 30.** All materials will be provided. There is a limit of 20 participants on a first-come, first serve basis. A pre-school story hour for children age 2-5 years old is slated for 11 a.m. to noon through **April 15.**

The library book club, which discusses books that have been turned into movies, will feature "War of the Worlds" by H. G. Wells, 3 p.m. Sunday, **Oct. 19** and at 3 p.m. **Nov. 9** Election: a novel by Tom Perrotta. Everyone is welcome to join the book club. Reference classes are once again being offered at the post library. The library is hosting Happy Holiday Story Hour from 11 a.m. to noon **Dec. 17.** Santa and his elf and the Signal Corps Band Carolers will be the main attraction.

For more information about these events and classes call (706) 791-7323/2449.

Keep spirits up despite economy

Dr. Erick Messias
MCGHealth Psychiatrist

Job losses, bankruptcies and foreclosures. Wall Street failures, plummeting stocks and bailouts. Weak retail sales, high gas prices and a floundering real estate market. The stage is set for an economic depression - that is, the economy is threatening the mental health of Americans.

The level of stress has increased for the entire population, so people who may have been on edge before have been pushed into depression or prolonged anxiety by today's unpredictable and troublesome economic environment. Between 20 and 30 percent of the psychiatry patients we've seen this year at MCGHealth have financial problems as the main stressor.

Anxiety is a disorder of fear - a blinding fear - that blocks out everything positive. Depression is a disorder of mood, which presents not only as sadness, but also as irritability. Two clear indicators of depression include:

- A complete loss of joy. People who are depressed no longer smile or laugh, even with their own children. They see no happy ending.

- A significant change in sleeping habits. This change could be that a person is getting too much sleep, not sleeping at all or is waking several hours early obsessing about how bad the day is going to be.

Often those affected by depression see no way out. When people feel cornered, they do desperate things. That's why it's best to treat this kind of disorder early before it becomes all consuming. I recommend the following for keeping your spirits up when the economy is down:

1. Do business as usual. Continue your normal routine. If you have a good routine, don't change it. Change will create more stress, even positive change. Keep your schedule full and your mind occupied so that you don't have time to worry about the economy or related stressors.

2. Avoid a hostile takeover. Surround yourself with encouragers, not naysayers. If your friends or co-workers can't steer the conversation away from negative topics, then hang out with people who are more optimistic

3. Expand your portfolio. Although your tendency may be to avoid people when you're feeling down, often this can just add to feelings of isolation and depression. Reaching out to people, whether you discuss how you're feeling or not, can help. Studies show that positive social ties can significantly protect a person's health and well-being. So try to strengthen your relationships with people around you. For example, propose social dates, keep in touch with friends, explore volunteer opportunities, or take a class.

4. Manage your assets. Eat healthy foods, drink plenty of water, and make yourself feel good by getting plenty of exercise and doing activities that you enjoy, like playing sports or taking a Family walk. Conversely, do not pop pills or excessively consume alcohol looking for a quick "feel good" fix. This is dangerous and only creates additional problems.

5. Record emotional transactions. Get your feelings out, be it in a letter, a journal, or through creative writing. Then read it back to yourself. Doing so can provide insight into your feelings and give you perspective on how to let go of destructive emotions. Regularly recording your emotional upheavals can improve both your physical and mental health. (Write without

regard for spelling or grammar. This kind of writing is an outlet not an English exam.)

6. Invest in a bright future. In mid-fall, the number of sunny hours decreases. Research shows that a lack of sunlight during the dark winter months can cause a verifiable condition called seasonal affective disorder, or the winter blues. Even adults who don't have SAD often report a decline in mood during this time. Greater exposure to natural sunlight can help. Try going outside for lunch and other activities to soak up the sunshine.

7. Measure your gains, not losses. Make a list of all the positives in your life - the people and things in your life that you appreciate. It may surprise you to find that the list is much longer on the "plus side." Or break down your problems into small steps. If your hours were cut at work, the car needs new tires, the babysitter quit and the dishwasher went kaput, sitting around ruminating over all these things is just going to make you feel worse. Put together a to-do list and accomplish each task one at a time. Then, take incremental steps to solve them, and count each one as a personal, measurable gain.

8. Call a pro. It's not a sign of weakness to seek advice from a professional. Those could include your doctor, pastor, a social worker or psychologist. You can also get help from Family or a trusted friend.

Unfortunately, many people are embarrassed to admit they have a financial problem, let alone a "mental problem." However, depression is extremely common. The sooner you seek help, the better your chances for a quick recovery.



Photo by Kayla Munro

Feeling the love

(Left) Pfc. James Lyle, Sgt. Norman Lauinger, and Staff Sgt. Anthony Fedele are a few of the 52 warriors enjoying the food and conversation at a luncheon on Oct. 8 put on by the Fort Gordon Service Club for the Warrior Transition Battalion at the Gordon Club.

Viewpoint

INFORMATION, OPINIONS AND COMMENTARY

Learn Army Family Action Plan process

Dennis Newton

Customer Management Services

You have a well developed system to help resolve almost every concern you have.

Most important, the customer management services issue resolution process closely works with the Army Family Action Plan.

Customer Management Services has three methods for resolving issues: ICE comments; Community FIRST forums, and the annual Customer Service Assessment. The CSA will be available at www.myarmyvoice.org/Community2008

Visit the site and complete the assessment between Oct. 20 and Nov. 7.

The **Interactive Customer**

Evaluation is a customer feedback system into which customers can input via Web, or hard copy comment card.

The system allows customers to submit feedback for all installation services and Department of Defense retail activities (e.g., Exchange and Commissary). Your comments help managers to better focus on customer needs and improve existing services. All constituent groups (active duty, National Guard and Reserve members, retirees, veterans, Family members, and DoD civilians) are encouraged to submit comments.

To complete a comment card, customers should go to the ICE Web Site, accessible from any computer, at

www.gordon.army.mil/garrfp/sites/local

Community FIRST (Feedback, Issues, Resolution, Solutions, Today), is a process designed to identify and resolve installation-level issues that address Army Well-Being. All members of the Army Family are eligible to participate in this issue-gathering process. These groups normally meet each quarter, and give representative voice to the customer. Focus group participants develop issues and recommendations for resolution at the Garrison, or higher headquarters level.

In addition to the CMS process, Army Family Action Plan also works to improve the quality of life throughout our Community.

The Army Family Action Plan is an Army-wide program whose purpose is aimed at improv-

ing Army Quality of Life. Through AFAP, all members of the Army, Soldiers (Active, Reserve, National Guard), Family members, retirees, Surviving Spouses, and Department of the Army civilians have a forum to raise issues and voice concerns to Army leadership specific to the Army Family. AFAP provides the opportunity to influence Army quality of life and standard of living. Issues might concern a local community or relate to problems that have Army-wide impact. Many issues resolved through the AFAP process go beyond the Army and impact all branches of military service.

In the past, the issues that remained at the local installation level would be staffed through the AFAP program. Since the implementation of the CMS program, installation-level issues will now be pro-

cessed, staffed and tracked through the Customer Service Officer. The remaining issues (those that merit Army-wide consideration and cannot be resolved at the installation level), will be forwarded for higher level resolution, or possible inclusion into the annual AFAP conference.

The installation AFAP Program Manager and CSO work together to address issues that surface throughout the year as part of the Community First/AFAP process. In cooperation with community agencies, they collect issues and concerns

from quarterly focus groups, town hall meetings, ICE, other non-ICE venues, and the traditional AFAP issue solicitation process.

If you have an idea or suggestion on how to improve the well-being of Soldiers and their Families, or the overall quality of life on Fort Gordon, you can fill out an ICE comment card as described above, or complete an AFAP issue form at the Fort Gordon Army Community Service website at www.gordon.army.mil/acs

Absentee ballot voters act now

If you want to vote in the upcoming general election with an absentee ballot, you must act now.

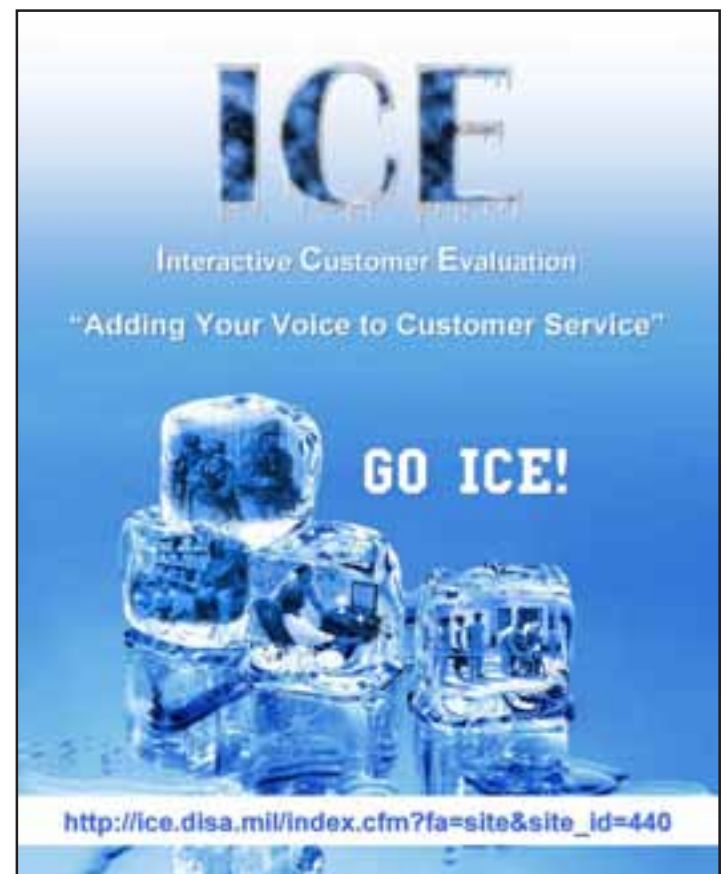
As a uniformed service member, Family member, or an overseas citizen, now is the time to register and request an absentee ballot for the Nov. 4, 2008 election. To register and request an absentee ballot, just fill out the Voter Registration/Ballot Request Form (Federal Post Card Application, FPCA, SF 76) and send it to your local election office.

To fill out the Voter Registration/Ballot Request Form, go to www.fvap.gov. There you will find detailed and easy-to-follow instructions for filling out the Voter Registration/Ballot Request Form, along with information on where to send it. The use of the new automated tool to fill out the Voter Registration/Ballot Request Form is also highly encouraged. It can be found on www.fvap.gov

under 'Quick Links' on the homepage. This tool will guide you through completion of the form using only the specific information your state requires. In participating states and jurisdictions, you may also be able to send the form to your local election office and receive your blank ballot via a secure server.

You can also pick up a Voter Registration/Ballot Request Form from your Unit Voting Assistance Officer, who is ready to provide assistance with all your voting needs.

**It's your future...
Vote for it!**



Feedback...

By Bonnie Heater

What advice can you give others about breast cancer awareness?



There is some evidence that breast feeding may help to prevent breast cancer.

Jeremy Hutton
*Physical Therapist
DDEAMC*



My wife Barbara has breast cancer. She exercises regularly; breast fed our children, eats organic foods and never smoked. There's no profile for breast cancer. She discovered a lump while performing a self-exam. I recommend individuals get tested regularly.

Andrew King
*Chiropractor
DDEAMC*



It's important to do monthly self-examinations and get regularly scheduled mammograms.

Elizabeth Knight
*Physical Therapy
Administrator
DDEAMC*



Many African Americans don't visit doctors on a regular basis. That's why it's very important to get an annual breast exam.

Trinita Hall
*Physical Therapy
Assistant
DDEAMC*



I encourage both men and women to get an annual breast exams.

Paul Reeves
*Staff member in the
Information Department
DDEAMC*



I recommend individuals get regular breast exams at their gynecologist. Examining yourself while in the shower and again in front of a mirror at home can help aid in early detection of breast cancer.

1st Lt. Ashley Fox
*Physical Therapist
DDEAMC*

The Signal

News Office
(706)791-7069

Nelson Hall Room 215, Fax (706) 791-5463
e-mail thesignal@conus.army.mil

Advertising Office
(706)724-2122

P.O. Box 948, Waynesboro, Ga. 30830
Ads may be faxed to (706) 554-2437

Commanding General: Brig. Gen. Jeffrey Foley
Garrison Commander: Col. John Holwick
Public Affairs Officer: James Huddins
Command Information Officer: Nancy Martin
Editor: Larry Edmond
Staff Writers: Bonnie Heater, Siobhan Carlile, and Kayla Munro, Department of the Army Intern.
Editorial Office: Fort Gordon Public Affairs Office, Bldg. 29801 Room 209, 520 Chamberlain Ave., Fort Gordon, Ga. 30905-5735

Civilian Printer: Citizen Newspapers, Waynesboro, Ga.
Publisher: Roy Chalker
General Manager: Bonnie Taylor
Sales Representative: Tres Bragg and Deborah Kitchens
This Civilian Enterprise Newspaper is an authorized publication for all personnel at Fort Gordon. Contents of *The Signal* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, the Department of the Army, or the U.S. Army Signal Center. *The Signal* is published weekly using offset production.

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Post offers emergency housing

Bonnie Heater
Signal staff

In a matter of minutes a natural disaster or fire can wipe out a home and leave a Family with nothing. Often during their grief they are forced to find temporary lodging and begin reconstructing their lives.

The staff at Balfour Beatty Communities of Fort Gordon decided to do something for our service members and their Families who may face such a situation. They have set aside two existing homes on post, located at 771 E and F Pecan Court in McNair Terrace, to handle unexpected emergencies.

“We decided to set these homes aside for our service members and their Families because we believe in providing the best for our military,” said Alzoner Kitchings, project director assistant for Balfour Beatty Communities. “As a former Soldier I understand the hardship one goes through in times of need. Having some place to stay and food to eat should not be a concern or burden. The focus should be on recovery.

“It’s not hard to describe an emergency, but sometimes it’s hard to find help,” Kitchings explained. “My company wants to ensure service members and their Families are provided the help they need in time of struggles. Both homes will be used for emergency situations only, but there will no cost to the military member or their Family to stay there.

“The homes are fully furnished and decorated,” he added. The three-bedroom homes have a living room, dining room, a laundry room, 1 ½ baths and fenced in back yard. The kitchen has appliances including a dishwasher. A Family of six could sleep comfortably in either home.

“Our company will be responsible for all the maintenance and landscaping,” he added.

The project has been a joint collaboration, according to Harry Bloomer, project director for



Photo by Bonnie Heater

Denise Barry and retired Army Col. Mike Patellis, both volunteers for Operation Home Front Georgia unload furniture and other items Sept. 25 for the two emergency homes set up at McNair Terrace for service members and their Families by Balfour Beatty Communities on post. A ribbon cutting ceremony was held 3:30 p.m. Sept. 26 at the emergency homes.

Balfour Beatty Communities. On Sept. 25 and 26 three members of Operation Home Front Georgia drove from Marietta, Ga., with donated bedroom, living and dining room furniture, linens, and other items and set up both homes. Operation Home Front is an organization which provides emergency assistance and morale to troops, to the Families they leave behind and to wounded warriors when they return home.

“My parents, Dan and Joann Chapman, donated the quilts, lamps, beds and mattresses,” said Denise Barry from Operation Home Front Georgia. Other volunteers from Operation Home Front Georgia who joined Barry in setting up the homes was retired Army Col. Mike Patellis, director of Veterans Affairs, and Myra Ebner.

“Colgate-Palmolive donated all the toiletries for the homes,” Barry added. “The company is a big supporter of Operation Home Front Georgia.”

Members of the Warrior Transition Battalion offered assistance to

the volunteers to set up both homes.

Operation Home Front Georgia volunteers stopped at the post’s thrift shop to make additional purchases for the homes. While there the staff of the Fort Gordon Thrift Shop donated a painting for one of the homes.

Other supporters of the emergency homes include: Cassandra Wyatt of the American Red Cross, Rhonda Johnson, Life Works coordinator of Balfour Beatty Communities; Dotty Geiselman, who donated furniture of a deceased friend who wanted to help service members and their Families in need; and the leadership at Fort Gordon’s Warrior Transition Battalion.

The cupboards of both homes are filled with non-perishable foods. All of which were donated by Stella Hendrix, a Sarvis and Sarvis Continental Company vendor at the Fort Gordon Commissary. “My company informed me that they trusted my judgment and to provide Balfour Beatty

Communities with whatever they needed,” Hendrix said.

Kim Scofi, president of Operation Home Front Georgia, brought flowers, additional linens and other decorative items for both homes before the ribbon cutting ceremony.

“The only things in which a Family will need to bring besides themselves are some clothes,” Kitchings said. “We will provide linens, dishes, diapers, laundry and dish detergents, and much more.”

All service members on active duty are eligible to use the emergency homes, according to Kitchings. “That includes members of the Active-Guard Reserve program, and National Guard and Reserve members who are serving a tour of active duty at Fort Gordon,” he said.

For more information or to apply for emergency lodging at either of these homes contact Tonya Chaplin, the community manager, Balfour Beatty Communities, at (706) 772-7041. To volunteer for Operation Home Front Georgia call (800) 390-2115 or e-mail at www.homefrontga.org.



Seminars observe National Physical Therapy Month

Bonnie Heater
Signal staff

Physical therapists at the Dwight D. Eisenhower Army Medical Center are presenting a series of free lecture seminars throughout the month of October to celebrate National Physical Therapy Month. The seminars are designed to help promote a healthy lifestyle. All the lectures are free and open to the public. They are being held in the first floor auditorium of the post hospital.

Jeremy Hutton, a staff physical therapist at DDEAMC, kicked off the first lecture in the series, “The Healthy Back,” at 11:30 a.m. Oct. 6. A six-page back rehabilitation handout was made available for all attendees. It offered helpful advice on back first aid, flexion and extension stretching exercises, hip stretching exercises and flexion strengthening exercises. It also gave some helpful tips regarding safe lifting and bending.

“About 8 out of 10 people suffer from low back pain at least once in their lives,” Hutton said. In his presenta-

tion the physical therapist explained how the vertebrae, Lordotic curve, disc, facet joints, ligaments and muscles work together to provide moving support for the human body.

Information was given on how to treat one’s low back pain. Some signs of a serious problem with your back, which would require seeking medical attention, were loss of bowel or bladder control; increasing pain or weakness in one or both legs, pain that continues to increase, night pain that wakes you up and loss of balance and/or coordination.

In the handout, one is advised to avoid inactivity, smoking, prolong sitting or driving, vibration and stress, if experiencing back problems. Rest – no straight leg bending (raising) or lifting, keep your back straight and squat to pick up items. Use your leg muscles not your back muscles. Standing, walking and lying down are encouraged: sitting is not. Sitting puts more pressure on your back than standing.

Use ice packs on the back intermittently throughout the day for 30 minutes periods, according to the back reha-

bilitation handout. Don’t use ice with a sports cream like Bengay.

According to the handout distributed at the lecture, to be healthy, joints in the lumbar spine need full motion and normal strength. Perform stretch and strengthening exercise daily.

Research suggests that smokers have a 3 to 4 times higher risk of developing degenerative disc disease, according to Hutton. Smoking can exacerbate pre-existing disc degeneration. It also decreases blood flow to the tissue of the back. According to the back rehabilitation handout, your back will heal faster and stay healthier if you cut down or better yet – stop smoking.

Hutton along with 1st Lt. Ashley Fox, a physical therapist assigned to DDEAMC, will be presenting “The healthy back” seminar again from 7:30 to 8:30 a.m. Oct. 21. Capt. Eric Nelson, another staff physical therapist at DDEAMC, will present a free seminar on “Introduction to Fitness: Getting Started on a Fit Life,” from 11:30 a.m. to 12:30 p.m. Oct. 20.



Photos by Bonnie Heater

First Lt. Ashley Fox, a staff physical therapist at the Dwight D. Eisenhower Army Medical Center, demonstrates the prone lumbar extension exercise. According to Fox, it is a lumbar strengthening exercise. October is National Physical Fitness Month and the hospital is sponsoring a free lecture series on “Introduction to Fitness: Getting Started on a Fit Life,” and “The Healthy Back.” Both lectures will be presented several times throughout the month in the hospital’s first floor auditorium.



Jeremy Hutton, a physical therapist at the Dwight D. Eisenhower Army Medical Center, demonstrates with the assistance of Capt. Eric Nelson, another staff physical therapist, the lumbar rotation stretch during his talk about “The Healthy Back.” He will present the program again, along with 1st Lt. Ashley Fox, another physical therapist at DDEAMC, from 7:30 to 8:30 a.m. Oct. 21 in the hospital’s first floor auditorium. The lectures are free and open to the public.

Studies suggest many sports injuries preventable

Mary Katherine Murphy
U.S. Army Center for Health Promotion and Preventive Medicine

Leg, knee and ankle overuse injuries are the single biggest threat to Soldier health and readiness, according to Dr. Bruce Jones, who manages the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine. In other words, these injuries sideline Soldiers more frequently than any other type of injury, disease or chronic physical condition, or even any battle injury.

Jones and other CHPPM epidemiologists have shown that relatively minor injuries such as sprained ankles can be costly in terms of lost training time and reduced combat readiness. It follows, then, that leaders and Soldiers need to be conscious of the signs of overtraining to prevent unnecessary injuries. A decrease in performance of individuals or groups, substantial increases in fatigue, decreases in morale among Soldiers training or playing sports as a unit, and higher incidence of injuries each may signal too much training, Jones said.

Jones and his colleagues

have spent years studying injuries in basic training populations, as well as specialized occupations such as parachutists. Their studies of injuries show the factors below increase a Soldier’s likelihood of experiencing a training-related injury:

- Not being physically active
- Lower aerobic fitness level
- Smoking cigarettes
- Running in older/worn or worn-out shoes
- High-mileage training
- Being too lean or overfat
- Being older than 25

Soldiers, especially those who have any of the risk factors above, can decrease their chance of injury by staying active and by starting slowly before vigorous physical training or other physically demanding activities. Soldiers should gradually increase the intensity and length of workouts as they become more fit. Workouts should be cut back in intensity and length if soreness or fatigue persist or increases after a good night’s sleep, according to Jones.

“It is better to do too little than too much,” he advised. “If you feel good today, then repeat it the next day. If you

continue to feel good, then keep it at that level. If it feels good for a week or two, then increase,” he said.

This approach is the key to getting in shape and staying injury free, according to Jones.

There are many myths concerning training injuries. For example, stretching—alleged to reduce injuries—has little effect on injury rates. Insoles for shoes have not been proven to prevent injuries, according to studies conducted and reviewed by Jones.

Another finding that may be important to Soldiers is that if they smoke, their injury rates are higher, and the more they smoke the higher their risk of injury is, Jones said. For smokers who quit, risk of injury returns to normal.

It is important to wear good, supportive shoes that have good cushioning, adequate stabilization and fit well and that are not worn out.

Words to the wise, then: increase fitness training gradually but steadily, and sustain fitness continuously—even if it means working out while on leave—to prevent injuries and decreased individual and unit readiness.

Sports

Sports

UPDATE

Track and field team coach

The Fort Gordon Youth Sports Program is recruiting a head coach to lead a new Fort Gordon Youth Sports track and field team. This will be the first track and field team in Fort Gordon history. This is a golden opportunity to leave a legacy on Fort Gordon and the children of this community.

For more information on this opportunity, contact Yolanda Dabney, commissioner, at (706) 796-8477 or (571) 330-3220.

5th annual fall challenge

The Fort Gordon Chapter of the Ordnance Corps Association Presents the 5th Annual Fall Challenge Veterans Day 10K Run and 5K Run/Walk” **Nov. 1** on Fort Gordon.

The 10K race begins at 8 a.m. and the 5K run/walk begins at 8:15 a.m. The start and finish will be at Hazen Hall, Bldg 29815, located at 8th Street and Chamberlain Avenue.

A portion of all proceeds will benefit the Christmas House

Race day registration begins at 6:00 a.m. and ends at 7:30 a.m. at Hazen Hall Parking lot. The entry fee is before Oct 28 - \$18; after Oct 28 - \$20; Day of the race - \$25 for the 10K and \$15 of the 5K Run/Walk. The entry fee for teams of five runners, before Oct 28 is \$85; and after Oct. 28, \$90. Entry fees are non-refundable.

Advance registration can be completed online at <http://home.comcast.net/~edward.buckner>

The event will include the 10K individual run, 5K fun run/walk and 10K team competition – all teams will consist of five members, 4 team members must finish in order for the team to remain eligible for awards. Lowest combined score of the top 4 runners wins. T-Shirts will be issued on Oct. 28 and the day of the event. Registrants will receive a designed T-shirt. Sizes are not guaranteed.

Awards will be given to the top male and female overall, as well as to the top two in the following age groups: 19 and under, 20-29, 30-39, 40-49. 50+

Team Awards for first, second, and third place will be awarded. Trophies will be given to the top three finishers in the 5K run/walk.

Water stations will be at various points. Refreshments will follow the race.

For additional information, directions or course maps e-mail david.rentz@us.army.mil.

Hilltop Riding Stable

Children and adults alike have a chance to saddle up and ride gentle horses and ponies at the Hilltop Riding Stable, located on N. Range Road, in Building 509.

Every Sunday riders can gather for the Lakeside rideouts, a two hour, guided trail ride to Wilkerson Lake. Mount up time is 1:30 p.m. The ride starts at 2 p.m. A minimum of five riders is required to kick off this first come, first served event. Sponsored riders pay \$40 and unsponsored riders pay \$45.

For information call (706) 791-4864.

Massively overhauled Gym 4 ready for business

Bonnie Heater
Signal staff

In mid-October the former PowerHouse Gym, also known as Gym 4, will re-open under new management and a new name. It will be called Gordon Fitness Center and Fort Gordon’s Directorate of Family and Morale, Welfare and Recreation will be operating the facility.

According to Jim Green, Fort Gordon Family and Morale, Welfare and Recreation director, the facility will offer state of the art fitness equipment. “We are excited about getting this back to our military community,” he said. Patrons will be able to use the facility for free; there’s no membership fee to pay.

In June 2003, the Office of the Secretary of Defense, initiated a study concerning the delivery of fitness center

services, Green said. The results of the study were to recommend strategies that military services could apply at installations – to improve their performance in delivering fitness programs.

At the time, Fort Gordon was one of the four installations involved in the study. “After participating in the program for two years we determined it was more cost effective to run this program in house.”

While a lot of changes have taken place during the renovation of Gordon Fitness Center, located at 29607 Barnes Avenue on post, some things remain the same. Some of the former staff of the PowerHouse Gym including Randy Taylor, one of the assistant managers, will be returning as the sports specialist manager. A few of the recreation aides will also be part of the staff.

The new manager is very optimistic. “We are here to help our Soldiers, retirees, other service members and their Families, Department of Defense contractors and employees,” Taylor said. “We will offer our patrons the best. That’s our job. The only thing we ask is that they abide by the rules of the gym. One of the rules for those returning to use the fitness center when it opens is to bring a towel to workout. It’s a requirement to use the facility.

According to Taylor, Gordon Fitness Center is expected to open mid-October. “All the fitness equipment has been replaced,” he said. “It’s all brand new. We hand selected top of the line Nautilus equipment. We have about 50 pieces of cardio equipment.

“When Gordon Fitness Center was called PowerHouse Gym the spinning room featured 12 bikes,” he added. “We now have 22. There’s a stereo and microphone system in the room as well as a bathroom for the convenience of our patrons. Spinning classes are \$4 per class or \$30 a month for an unlimited number of classes.

“We will be offering our patrons 31 different classes,” Taylor said. “Each class will be one hour in length. Patrons can sign up for a



Photo by Bonnie Heater

Jim Green, Fort Gordon Family and Morale, Welfare and Recreation director and Tina Pondy, DFMWR Business Operations chief, tour the refurbished Gordon Fitness Center, located at 29607 Barnes Avenue with Randy Taylor sports specialist and facility manager. Green is trying out the Nautilus Nitro Plus leg press. The facility is expected to open this month.

Team USA Soldier Olympians visit White House

Tim Hipps
Family and Morale, Welfare and Recreation command Public Affairs

WASHINGTON – Ten Soldiers from the U.S. Army World Class Athlete Program and U.S. Army Marksmanship Unit visited the White House on Oct. 7.

They were among more than 500 members of the 2008 U.S. Olympic and Paralympic Teams who thanked President Bush and first lady Laura for their support of the Olympic movement throughout the Beijing Games.

The president, in turn, thanked the athletes for their inspirational performances.

“This is a special day for the White House,” Bush said. “Laura and I are proud to welcome the greatest Olympic and Paralympic team ever assembled. And I bring greetings from the honorary captain of the Olympic teams, [former] President George H.W. Bush. We call him 41.”

The Bushes were among more than 80 world dignitaries who attended the Opening Ceremony in Beijing. George Bush was the first U.S. president to attend Olympic Games outside of the United States while serving as commander in chief. His father, the first president, also made history by occupying the chair of honorary chief of mission of the U.S. Olympic Team, marking the first time the U.S. Olympic Committee has had an honorary chief of the mission.

“Attending the Beijing Olympics was one of the greatest experiences of our lifetime,” Bush said. “Laura and I had a fantastic experience. We will

never forget the first night at the Bird’s Nest for the spectacular Opening Ceremony. When the Team USA was announced, there was a notable increase in the cheers.

“And then came the greatest sight of all when more than 500 of America’s finest athletes (were) marching behind our flag. It was an incredible sight. I know it was a moment that all of our athletes looked forward to, and it’s a moment that we are so honored to share with you.”

Team USA won 110 medals, more than any nation during the Beijing Games, the largest in Olympic history. More than 100,000 athletes from around the world competed in more than 300 events in which 87 countries won medals.

Along the way, 43 world records were broken as an estimated 4.7 billion television viewers watched from around the globe.

“I know the entire Olympic teams worked hard to get to this moment,” Bush said. “Whether you won a medal or not really doesn’t matter in the long run. What really matters is the honor you brought to your sports, and to your Families, and to your country.

“We thank you for your lasting memories that you gave us all.”

Bush elaborated on some of the memories he will cherish forever, such as “watching Jason Lezak touch out in the 4x100 [swimming] relay.”

“Then watching the joy of his teammates, including Michael Phelps,” Bush said. “People say, ‘Did you ever get to meet Michael Phelps?’ I say, ‘I did.’ ‘Was that a highlight?’

I say, ‘No, really, meeting his mother was more of a highlight.’”

That line elicited a boisterous round of laughter that echoed onto the Washington Monument grounds and drew a big smile from Phelps, who stood behind Bush during the ceremony.

“I’m particularly pleased to be here with those who have worn the uniform of our country,” Bush said. “On the American team were 16 men and women who served the nation in uniform, one of whom was Army Lt. Melissa Stockwell. She lost her leg while serving our country in Iraq.

After four years of hard work and significant rehabilitation, she qualified as a [Paralympic] swimmer and her teammates elected her as the flag bearer for the closing ceremony.”

The U.S. Army World Class Athlete Program was represented by Team USA rifle coach Maj. Dave Johnson, Greco-Roman wrestler Staff Sgt. Dremiel Byers, rifle marksman Maj. Michael Anti and pistol shooter Staff Sgt. Keith Sanderson. Five other Soldiers hailed from the U.S. Army Marksmanship Unit at Fort Benning, Ga.: Sgts. 1st Class Jason Parker and Daryl Szarenski, and Specs. Jeff Holguin, Walton Glenn Eller III and Vincent Hancock, along with Army Reserve Staff Sgt. Elizabeth “Libby” Callahan.

Eller and Hancock won gold medals in double trap and skeet shotgun shooting.

With members of the President’s Council on Physical Fitness and Sports on the



Photo by Tim Hipps

President George Bush and first lady Laura display official Team USA Olympic jackets after being proclaimed honorary members of the team by 2008 U.S. Olympic and Paralympic athletes Oct. 7 on the south lawn of the White House. Five-time Paralympic goalball player Jennifer Armbruster (center) made the presentation.

south lawn, Bush urged people to make exercise a part of their daily regimen.

“There’s no better time to remind our fellow citizens that physical fitness will lead to a healthy America,” he said. “Look what’s happening to the people surrounding me. So we urge our fellow citizens to take time out of your day to exercise. Not every one of you has to ride a mountain bike, but if you walk just 20 minutes a day, you’ll help America and help yourself.”

Bush said the Olympians made an indelible mark on both him and his wife.

“Long after we leave the White House, Laura and I will remember the extraordinary spirit and kindness of the athletes that we have met here at the White House and in Beijing,” he said.

The Olympians thanked

President and Laura Bush by making them honorary members of Team USA and presenting them with official team jackets, a framed photograph of the Opening Ceremony and an American flag that flew in China throughout both Games.

“I’m not easily excited,” said Sanderson, who posted an Olympic record qualification score of 583 before finishing fifth in the 25-meter rapid-fire pistol event in Beijing. “But it was cool to see the president talk. It’s kind of surreal. ‘Hey, that’s the guy on TV, but he’s right here in front of me.’”

Heavyweight wrestler Byers was more touched by the ceremony.

“I was honored to be here,” Byers said. “I can’t wait till I come back the next time.

3,600 mile Marine tribute run kicks off Sunday

Charmain Z. Brackett
Correspondent

Four years ago, the Marine Corps Detachment led by Gunnery Sgt. James Meek took to Barton Field to remember fallen comrades in the first Marine Tribute Run.

The event lasted 15 days with about 100 Marines running 600 laps in tribute to those who’d lost their lives in the fight against terrorism.

On Oct. 19, the Marines plus Navy Corpsmen will take to the field once again to run for nearly 1,100 members of their services in a 21-day event. The run begins at 9 a.m.

“We run for every fallen Marine,” said Gunnery

Sgt. Jared Bean, who is coordinating the event since Meek’s retirement. Meek, he said, will take the field again. In past years, Meek has run for Lance Cpl. William White of Brooklyn, N.Y., who died at the age of 24 on March 29, 2003. Meek had to make the casualty call to White’s Family, and that planted a seed for the run.

This year’s event will feature at least 160 Marines from the detachment at Fort Gordon as well as the Marine Corps Reserves Unit in Augusta, Bean said.

“All other services are invited out,” he said.

At least one Marine will be on the track at all times during the 24 hour a day event. They will average 15 laps each. Each lap around Barton Field is about three miles.

“We will put up about 3,600 miles,” he said.

As runners are on the field, the photographs and names of those who’ve died in support of the war on terror will be projected on a screen.

Bean said the event has received a lot of support from the communities outside Fort Gordon’s gates. Retirees and former Marines as well as civilians with no military affiliations often stop by during the event to talk to Marines and show their support, he said.

The run is scheduled to end at 3 p.m., Nov. 7 with a brief ceremony.

In previous events, the final lap has included a formation with a large number of service members from different branches. He hopes that will be the case again this year.

Neither rain nor anything else stops BOSS fun

Bonnie Heater
Signal staff

Rain didn't cancel Single Soldier Day at Fort Gordon.

Neither did it short circuit an opportunity to have some fun. The event, which was held from 9 a.m. to 3 p.m. Sept. 26 at the post's Freedom Park and Family Outreach Center, was open to all single or unaccompanied service members stationed here. Admission was free.

The post's command sergeants major grilled ribs, chicken, hot dogs and hamburgers in the sometimes misty, other times pouring rain. Command Sgt. Maj. Thomas Clark, U.S. Army Signal Center and Fort Gordon command sergeant major, served the troops their meal. Afterwards, there was a hot dog eating contest which was followed by a push up competition, a honey bun eating contest and a strongman competition.

In the strongman competition, each participant moved a 300 pound tire with rim from an Army light tactical vehicle from a starting point then returned to the finish line carrying a 15- 20 pound sand bag.

Some of the other activities scheduled for the day's event were a hula hoop contest, flag football, horseshoes and many others. Prizes were awarded to the winners and Pfc. Joshu Link, assigned to Company B, 67th Signal Battalion, was the event's disc jockey.

Inside the Family Outreach Center, located at Building 33512, behind the post library, some service members played card games. Others participated in play-n-trade video games which included: Guitar Hero, Halo 3, Madden 08, Call of Duty,

Full Caliber 4 and Super Mario Bros. The Hooter Girls came out to show their support. They participated in many of the contests with service members.

The purpose of the event was to set aside a day to

show appreciation for single service members and to give them an opportunity to network among themselves, said Anna Singletary, Fort Gordon Better Opportunities for Single Soldiers president.



Photos by Bonnie Heater

(Above) Service members with some added weight from the Hooter Girls participate in the push-up contest at the Single Soldier Day celebration. **(Below)** a command sergeant major from the post works at the grill in the rain to supply hot food for the event.



(Above) Other service members display their muscles in the strong person competition held Sept. 26 at Freedom Park during Single Soldier Day. The free event was sponsored by the post's Better Opportunities for Single Service Members.

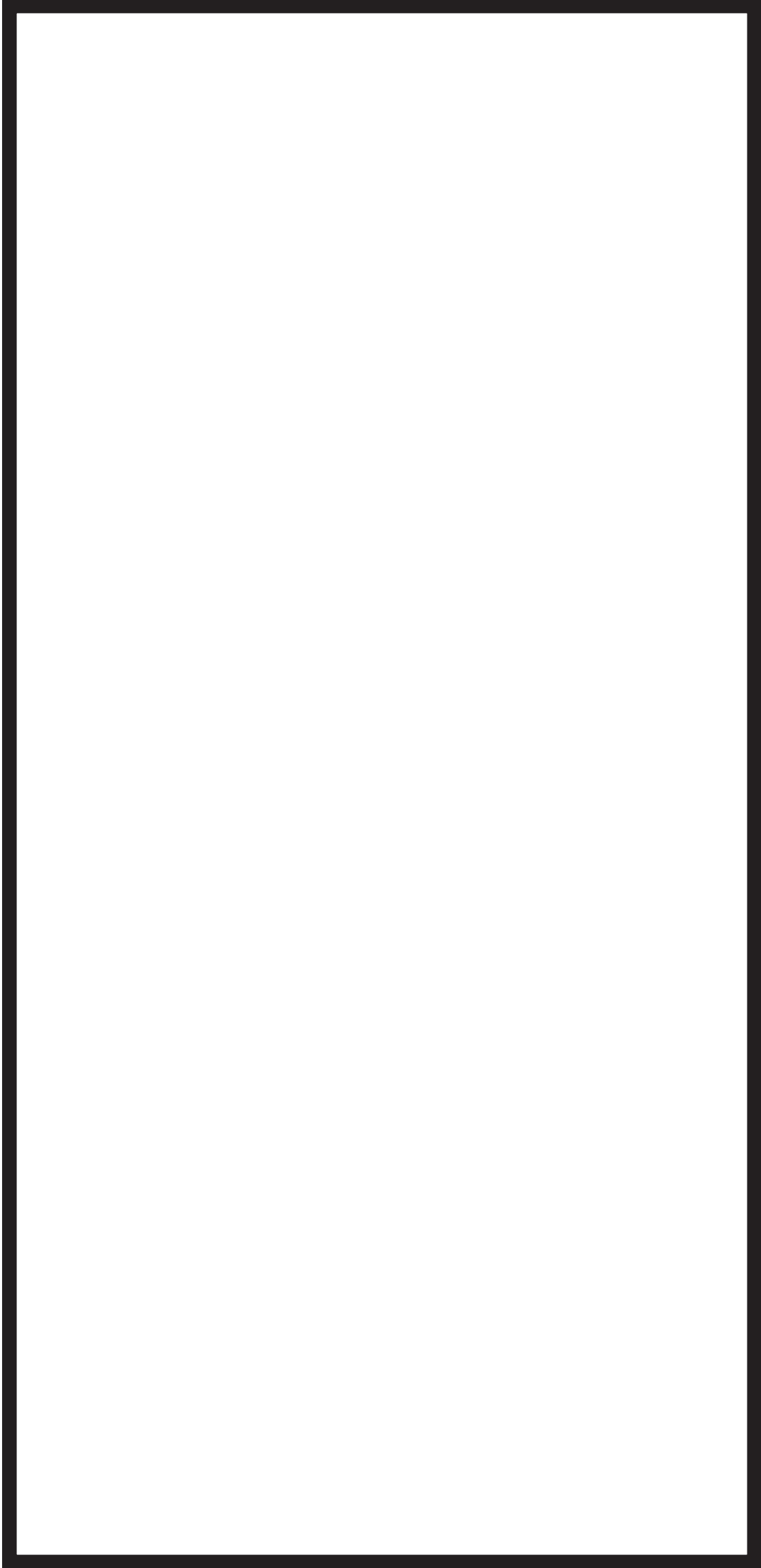
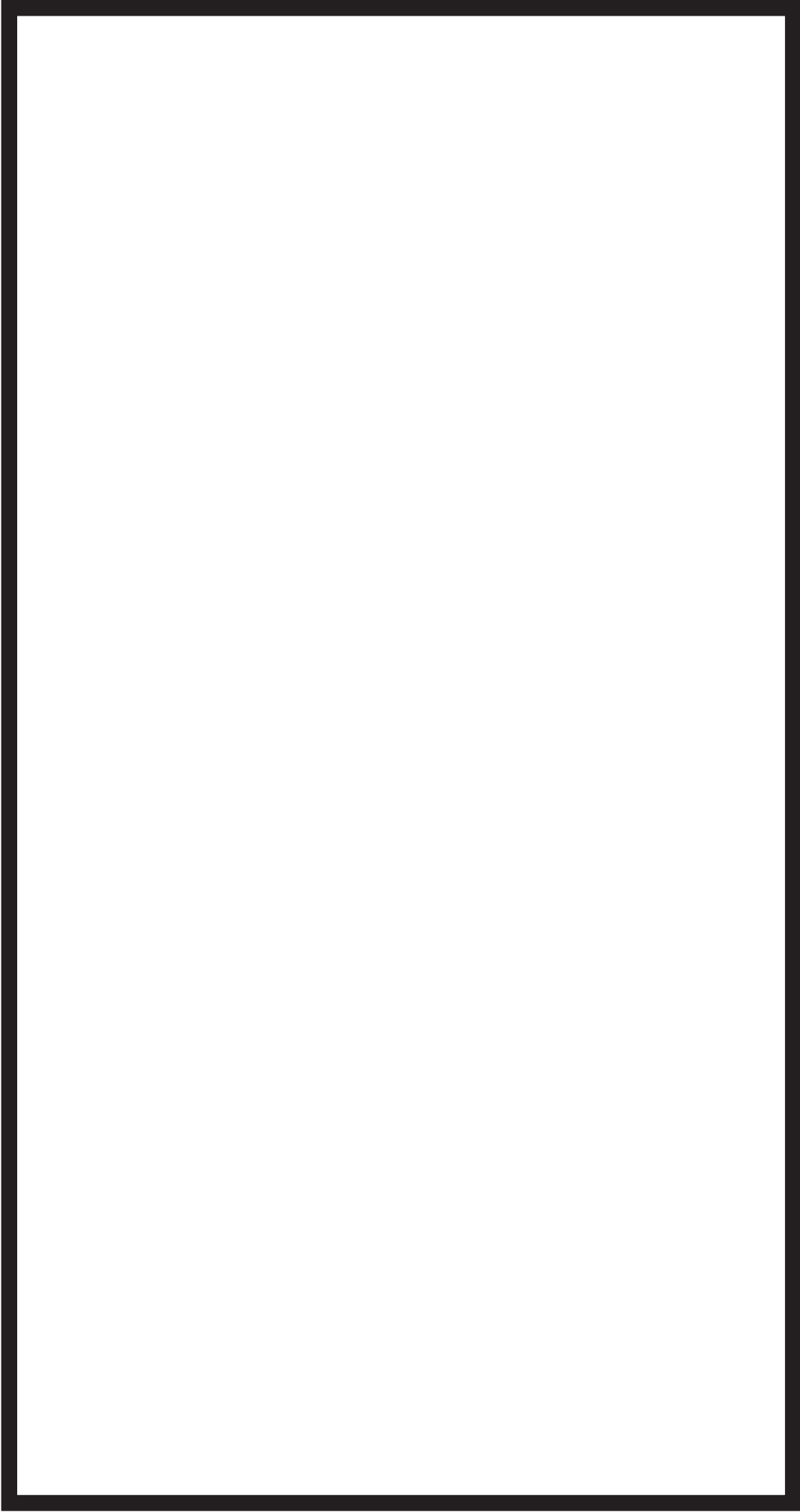




Photo by Jennifer Chipman

Leaders take flu shots

(Left) First Lt. Mayamona Diakabana prepares to inoculate Brig. Gen. Jeffrey Foley, U.S. Army Signal Center and Fort Gordon commanding general, while, Brig. Gen. Don Bradshaw, Southeast Regional Medical Command and Dwight D. Eisenhower Army Medical Center commanding general receives his shot from 2nd Lt. Ebonique McClinnahan on Oct. 14 at DDEAMC. The two leaders are setting the example for all service members and civilians at Fort Gordon to receive an annual flu vaccination. DDEAMC and Fort Gordon will offer flu shots and flu mist to over 10,000 Soldiers here beginning Oct. 22. DDEAMC will offer flu shots to its beneficiaries from 8 a.m. until 2 p.m. Nov. 5 in the Family Medicine Clinic located on the second floor.



If you are interested in giving your time and efforts to any of the following volunteer opportunities in the Central Savannah River Area, contact Alia Naffouj at alia.naffouj1@us.army.mil. Provide your name, rank, organization, work and home telephone numbers. If your class is interested in accepting the cause as a community relations project, provide the complete names and rank of each volunteer with a designated point of contact and contact information. For more information, call (706) 791-1871.

MEMORY WALK

Georgia Chapter of the Alzheimer's Association is looking for 35 volunteers to help in their Memory Walk from 6:30 a.m. to 1 p.m. Nov. 1. Volunteers will unload walk equipment from truck (heaviest will be table and chairs), set up walk site and tear down walk site to reload truck, be positioned around the walk site with refreshments, and will have assigned stations for opening and closing ceremonies.

CHARLIE NORWOOD VA MEDICAL CENTER

Charlie Norwood VA Medical Center, Uptown Division in Augusta, is looking for 24 volunteers to escort veterans at the Center's Veterans Day Ceremony on Nov. 10. Volunteers will be needed from 9:30 to 11:30 a.m.

NATIONAL VETERANS HISTORY PROJECT:

This Library of Congress project is aimed at collecting oral history interviews, memoirs, letters, diaries, photographs, and other original materials from veterans of World Wars I and II, and the Korean, Vietnam, and Persian Gulf Wars and the Afghanistan and Iraq conflicts (2001- present). Those U.S. citizen civilians who were actively involved in supporting war efforts (such as war industry workers, United Service Organizations workers, flight instructors, medical volunteers, etc.) are also encouraged to contribute their personal narratives. Currently, the Augusta Historical Society and its volunteers are interviewing World War II veterans in the Central Savannah River Area as part of this project. If you are a history buff and are interested in first-hand accounts of this war, you are needed to help interview these veterans. You will be given a 30 to 40-minute briefing that will teach you the skills you need to do the job. If that's not your forte, volunteers are also needed to download the interview tapes from the video camera to a DVD. For more information or to volunteer, contact Fred Gehle at (706) 738-8242 or Doug Hastings at (706) 832-6483.

HOSPICE VOLUNTEERS

Odyssey Health Care is a hospice organization who is looking for volunteers to assist with administration duties (file and answer phones) and patient support volunteers (read, watch movies, write letters and provide companionship). Completion of basic Hospice training is required and provided.

DECEMBER DASH

Southeastern Natural Sciences Academy is in need of volunteers for their December Dash 10K 6:45 to 11 a.m. Dec. 6 at Phinizy Swamp Nature Park. Volunteers will be registering runners, calling time, tallying finishing times and helping direct traffic on the race course.

LIGHTS FOR LYDIA

"Lights for Lydia" is honoring women facing cancer with a fundraiser 9 a.m. - 3 p.m. Nov. 15. They are in need of volunteers to fill sand bags and to assemble luminary kits.

RIVERS ALIVE CLEANUP

On Oct. 18 come out and help clean-up the waterways in the CSRA. Rivers Alive Cleanup Day is looking for 50+ volunteers to pick up trash and debris along the Augusta Canal waterway. Clean-up is from 9 a.m. to 1 p.m. at Lake Olmstead Park.

ROARING THUNDER 2008

Roaring Thunder 2008 is looking for 65 volunteers on Nov. 1 at the DDEAMC Fisher House from 11 a.m. to 4 p.m.

PARKINSON'S WALK

This year's 2008 Parkinson's Walk will be held on Nov. 8 and they are looking for 15 to 20 volunteers to help. Volunteers are needed from 7 a.m. to noon.

Holiday Food Voucher Program needs donations

Fort Gordon Chaplain's Office

Every year the Installation Chaplain's Office provides assistance to needy Service Members and Families through the **Holiday Food Voucher Program**.

This program provides vouchers of \$50 to Soldiers, redeemable at the Fort Gordon Commissary, immediately before Thanksgiving. Commanders may submit nominations and the Unit Chaplains have already received the instructions and forms.

This program is funded entirely by donations.

The amount of donations received will dictate the number of service members and Families assisted.

Chapel congregations recently received designated offerings to support this program, but more funds are always needed.

If you would like to make a donation to this worthwhile program, you may drop it by the Religious Support Office, Building 29601, Barnes Avenue, or you may give your donation directly to your unit Chaplain.

Make checks payable to the Fort Gordon Chaplain Tithes and Offerings Fund, and put "Holiday Food Voucher Program" in the memo line.

Donations would be appreciated by Nov. 1.

For more information call (706) 791-5653.

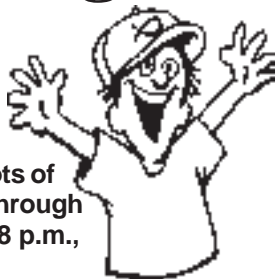


Estate claims

Maj. Gregory O'Hara, Company C, Warrior Transition Battalion, Fort Gordon has been appointed as the summary court martial officer to secure and dispose of the personal effects of Maj. John Monroe, Company C, Warrior Transition Battalion, Fort Gordon who died on Aug. 25, 2008 in Augusta. Any individuals having claims against or indebtedness to the estate are advised to contact O'Hara at (706) 814-4746.

Hallelujah Night

(Halloween alternative)



Games, Crafts, Singing & Lots of Candy for Children Ages 4 through 11. The fun will be held 6 - 8 p.m., Oct. 31, in Gym 5. Call (706) 791-4703 for details.

Chapel Call

Collective Protestant Services

Sunday Worship

9:00 a.m. - Liturgical Service, Bicentennial Chapel
9:30 a.m. - Contemporary Worship Service, Friendship Chapel
10:30 a.m. - Eisenhower Army Medical Center Chapel
Noon - Faith Gospel Service, Good Shepherd Chapel
11:00 a.m. - Bicentennial Chapel
11:00 a.m. - Friendship Chapel

Catholic Services

Daily, Mon - Fri, 11:45 a.m., EAMC Chapel
Daily, Mon, Wed, Thurs. 11:30 a.m., Good Shepherd Chapel
Saturday, 3:30 p.m., Confessions, Good Shepherd Chapel
Saturday, 5:00 p.m., Vigil Mass, Good Shepherd Chapel

Sunday Masses

8:30 a.m., Good Shepherd Chapel
10:00 a.m., Good Shepherd Chapel
11:45 a.m., EAMC Chapel

Jewish Activities

Holy Day, Sabbath and Daily
Services available off post
Jonathan Shoenholz, (706) 787-1353

Islamic Services

Jumah (Friday) Prayer Services, Islamic Activities Center, Building 38804 Academic Drive
Oct-Apr, 12:45-1:30; and Apr-Oct, 1:15-1:45
Retired CPO Marshall Abuwi - (706) 772-4303 (Leave message)

Denominational Services

LDS Service - Sunday 1:30-4:30 p.m., Friendship Chapel
LDS Representative is Ralph Wright - (706) 364-6297
Wiccan Service - Sunday 2 - 5 p.m. at Rel Support Ofc. (706) 868-8781

Religious Education

Children & Youth Classes

Sunday, 9:30 a.m. Protestant Sunday School, Religious Ed Ctr
Sunday, 11:30 a.m., Confraternity of Christian Doctrine and Sacramental Preparation, Religious Ed Ctr (Sep-May)
Wednesday, 7:00 p.m., Faith Gospel Classes, Religious Ed Ctr
Youth Groups and Other RE Programs, Randy Dillard - (706) 791-4703

Adult Bible Studies

Sunday 9:30 a.m., Protestant Adult Studies, Religious Ed Ctr
Sunday 11:30 a.m., Catholic "God and Coffee", Family Life Ctr
Sunday 11:30 a.m., RCIA at Rel Support Office, (706) 791-4703
Tuesday Noon, EAMC Bible Study, Din Facility, 3rd floor
Tuesday 7:00 p.m., Prot Women of the Chapel, Bicentennial
Tuesday 7:00 p.m., Little Rock Study, Good Shepherd Chapel
Thursday 9:30 a.m., Prot. Women of the Chapel, Bicentennial
Wednesday 11:30 a.m., Post-wide Luncheon, Bicentennial
Wednesday 7:30 p.m., Discipleship Training, Friendship Chapel
Wednesday 7:00 p.m., Faith Gospel Svc at Rel. Ed. Ctr.
Wednesday 7:00 p.m., LDS FHE, Rel Support Ofc. (706) 364-6297
Tuesday Noon., 513th at Motor Pool Conf. Rm.
Tuesday 11:30 a.m., 116th MI GP Conf. Rm., Bldg 21719

Spectrum

Musician makes miracles

Charmain Z. Brackett
Correspondent

It's been called a field of dreams. It's a place where children of all abilities can play baseball.

And within the next year, the Family Y will have its own specialized field for the Miracle League.

Millie Schumacher, the Family Y's community relations director, calls the field the legacy of the Y's sesquicentennial year.

On Sunday, about 4,000 people attended the Amy Grant concert to raise money for the field. The field alone will cost \$225,000, according to Danny McConnell, president and chief executive officer of the Family Y, a partnership between the YMCA and YWCA in Augusta. Additional funds must be raised to complete the project.

"There's not one within a two hour distance from here," said McConnell.

The field is made of a special rubber which provides an even surface for children in wheelchairs or those who must walk with a walker or braces. Volunteers serve as buddies to help the players round the bases.

There are no outs in this game, and every player gets to hit and score.

Grant, who sang some of her popular songs including Baby, Baby; I Will Remember You; Thy Word; Takes a Little Time and Lucky One, donated some of the proceeds from sales of her CDs, T-shirts and books to the cause and gave a volunteer money to purchase bricks in the name of her husband, Vince Gill, and her.

The bricks will form a walkway to the field.

During her set, Grant brought up the children who will be part of the first Miracle League team; they played percussion instruments and swayed as she sang.

The YMCA has been in Augusta for 150 years. Part of its mission includes the Armed Forces Y on Tobacco Road.

Schumacher said there are many special needs children who are part of military Families who participate in the Y's activities for that targeted population. Other special programs include adaptive aquatics and adapted aerobics classes.

McConnell said the goal of the concert was to raise about \$100,000 for the project. Brick sales will also help raise funds.



Photos by Bonnie Heater

(Above) Jeannie Montgomery, an anchor/reporter from WJBF News Channel 6 in Augusta, announces with Danny McConnell, Family Y of Augusta chief executive officer and president, the winner of the golf cart, David Job, during the Miracle Concert held Oct. 12 at the First Tee of Augusta. (Right) Augusta born singer/song writer Amy Grant performs at 4 p.m. during the Miracle Concert; later that same evening she performed in Nashville, Tenn.



Photo by Charmain Z. Brackett



(Above) Ciera Baker, the daughter of Ashley and Chris Baker of Augusta, enjoys the Razor Scooter she was awarded as the third place winner in the pictorial contest sponsored by Georgia Bank and Trust and the Family Y at the Miracle Concert. (Right) Pfc. Nathaniel King, a Soldier assigned to Company B, 73rd Ordnance Battalion, helps Matt Miklas, a member of the first Miracle League baseball team of Augusta, up the hill to the concert site. About 60 Soldiers volunteered from Companies B and C, 73rd Ordnance Battalion from Fort Gordon, in setting up the stage Oct. 11. They also helped the Richmond County Sheriff's office with parking at three parking sites, security and tearing down the stage at the end of the concert Oct. 12, according to 1st Sgt. Fred Murry of Company B, 73rd Ordnance Battalion. Millie Schumacher, the Family Y community relations director, said, "We could not have done this (Miracle Concert) without the Soldiers' help." Gates opened at 2 p.m. Fort Gordon's Signal Corps Jazz Band performed at that time. Individuals interested in dedicating a commemorative brick in someone's honor or memory can do so by stopping at any area Family Y. Cost is \$100 per brick. The bricks will be laid in the walkway around the Miracle League Field. All proceeds from the commemorative brick sale will help build the Miracle League baseball field, a specially designed field for disabled children and young adults, at the Wilson Family Y on Wheeler Road in Augusta.

